

All Sports

Updated 6/4/24

Fall 2024-2025

| Age 4-6 years (Max per class 12) | | | | | |
|-------------------------------------|---------|-----------|----------|-----------|------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | 4:30-5:00 | | 5:30-6:00 | 9:00-9:30 |
| | | 5:00-5:30 | | | 9:30-10:00 |
| | | 5:30-6:00 | | | |

Expose your child to a different sport each week!

Our kid's fitness class are designed for children of all ages. With an emphasis on gross and fine motor skill development and hand eye coordination, our fitness classes help children build basic fitness skills that will serve them for a lifetime. Classes focus on simple stretching exercises and fun games, that encourage them to use their bodies and develop a love of physical activity. While the class concentrates on overall fitness, it will be adapted to focus on seasonal sports such as soccer, t-ball, basketball, flag football, [kickball](#), hockey, **AND MANY MORE!**

All kids develop an appreciation of physical activity in their lives and the importance of maintaining a healthy lifestyle as they grow. Sports mentoring & early understanding of sportsmanship are also emphasized.

All games and activities will be age appropriate.

PARENT REMINDERS

CHILDREN MUST BE SIGNED INTO KIDZQUEST

At least 15 minutes prior to start of their class.

No Parents are allowed In the Sport Center Area

2024-2025 Class Calendar

| | | | |
|------------------|-------------------------------------|------------------|-------------------------------|
| Mon Sept 9th | Classes Begin | Winter Break | No Classes Dec 23rd-Jan 1st |
| Thurs Oct 31st * | No Class after 12:00 noon | February 14-17th | No classes Presidents weekend |
| Fri Nov 8th * | School's Out Camp / NJEA Convention | April 18-27th | No classes Spring Break |
| Wed Nov 27th * | No Class after 12:00 noon | May 21st | Last day of All Sports/Gaga |
| Thanksgiving | No Class Nov 28-Dec 1st | | |

No Classes when Flemington schools are out

Please contact Coach Candace at 908.782.4009 x234 for any questions

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